

Teaching and Parenting Today's Students



Saturday August 14, 2010



DR MICHAEL CARR-GREGG

www.michaelcarr-gregg.com.au

Program:

- **9:30 Session 1: - Bullying**
 - Examining some of the ethical, moral and legal dilemmas in working with young people.
- **11:00 Morning Tea**
- **11:30 Session 2: - Screening for students at risk**
 - Practical strategies for identifying students needing intervention.
- **1:00pm Lunch.**
- **2:00 Session 3: - The 5 great challenges for parents and teachers**
 - Alcohol use, sleep deprivation, cybersafety and other key issues.
- **3:30 Afternoon Tea**
- **4:00 Close**

The 5 great challenges for parents and teachers

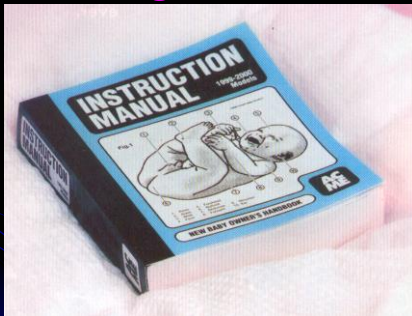
- Alcohol use, sleep deprivation, cyber safety and other key issues.

John Cheetham B.A. B.Ed Dip.C.H. F.A.A.H.S.
F.S.S.E. M.A.C.E. M.A.P.S.

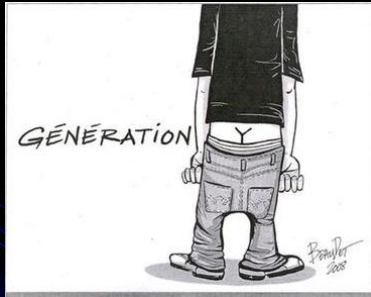


"...There is no such thing as a perfect parent."

You don't get one of these...



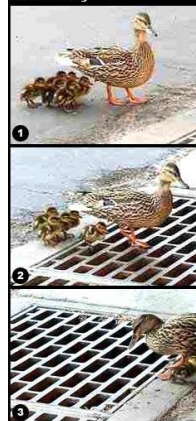
Parenting



Or Corey's parents...



Parenting can be full of surprises...

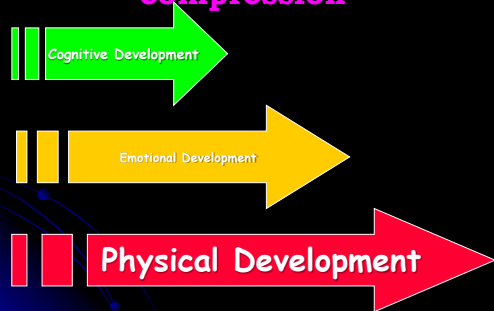


We do the best we can

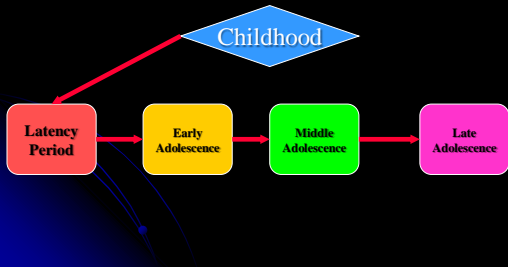
All families have some difficulties



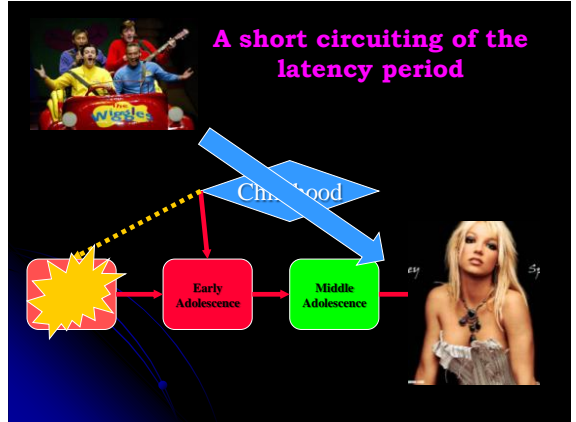
Developmental compression



What impact might the early onset of puberty have, on normal adolescence?



A short circuiting of the latency period



Earlier Puberty

45% divorce rate



Rise of the 2nd family

Decline in social capital

Challenge 1

Prefrontal Cortex

- Called the "Voice of Reason"
- Is the last bit to mature
- responsible for such things as
 - impulse control,
 - emotional regulation
 - strategic planning (anticipating the likely consequences of one's actions) -
- continue maturing through the teenage years



Challenge 2

Getting enough Sleep



"...Despite an enormous amount of scientific knowledge that has been collected about sleep over a half century, the general population is almost completely ignorant of the most basic sleep principles -- including that kids aren't getting enough of it."



Mark R. Rosekind, Ph.D

Essential Sleep facts for Teenagers



Teenagers ~~additionally~~ ~~also~~ ~~have~~ ~~our~~ ~~biological~~ ~~clocks~~ ~~also~~ ~~begin~~ ~~to~~ ~~drift~~ ~~later~~ ~~than~~ ~~adults~~

How much sleep do 10-18 year olds need?



- 8.25 to 9.25 hours
- the culture in most high schools that regards sleep as optional, especially when sleep interferes with grades or entertainment.

Sleep occurs when a hormone called melatonin secretes in the brain

	Maximum Melatonin reached at
Adult	10.00 pm
Teenager	1.00 am

So What?

- Missing two hours of sleep a night is the physical equivalent of having a blood-alcohol content of 0.05 percent, or two to three beers.



When does it change?

- until about the age of 19.5 years in women and 20.9 years in men.
- On the basis of this data, we know teens want to go to bed 2 hours later than 40 to 50-year-olds, and in 10 per cent there is a 4 hour delay.



- Prof Till Roenneberg
- Ludwig-Maximilians-Universität in Munich

Lack of sleep makes you more emotional

Lack of sleep sends emotions off the deep end

By Sharon Jayson, USA TODAY

You might have guessed it, but now researchers have real proof: Sleep deprivation causes our emotions to go haywire.

That's according to the first neurological probe into the emotional brain without sleep. It was carried out by researchers at the University of California Berkeley and Harvard Medical School.

"What people know that when you're sleep-deprived, what happens to the brain is that it becomes slower and less able," says Matthew Walker, associate professor of psychology at Berkeley and a former medical sleep researcher. "So rather than the imaging data published in today's issue of Current Biology found that the brain's emotional centers become '50% more reactive'."

The study also suggests that lack of sleep activates activity in the emotional centers of the brain most closely associated with psychiatric disorders such as depression.

Subjects were divided into two groups: 10 who were sleep-deprived for 36 hours, the other group slept normally.

Using the brain scans, the researchers showed participants a series of images, from neutral to increasingly negative and disturbing. The responses of both groups showed an odd split, but the sleep-deprived showed stronger responses because the prefrontal area of the brain that normally sends out inhibiting signals wasn't able to keep emotions in check.



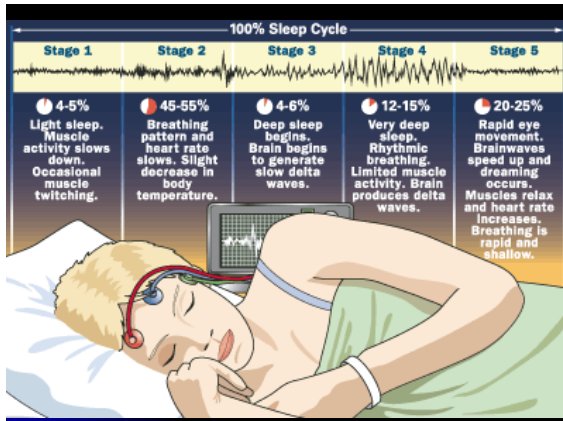
How much sleep are they actually getting?



- Research says students are getting about **7.5 hours** a night's sleep on school nights.
- 25% of the students are getting **6.5 hours** or less sleep on school nights.



Professor Mary Carskadon - Professor of psychiatry and human behavior at Brown University and director of chronobiology and sleep research



1. Dim lights/Implement a routine
2. Don't exercise before bed
3. Cool down
4. Avoid cat naps
6. Minimise anxiety
7. Avoid stimulants.
8. Warm & soothing drinks

Challenge 3

Alcohol

The good news

Alcohol

5th May 2007

Alcohol research



Professor Toumbourou
Chair in Health Psychology
Deakin University



- 47% of those who begin drinking before 14 become alcohol dependent compared with 9% who wait until 21 (Hingson 2006)
- 50% of Grade 5 children have had alcohol given to them by their parents (Toumbourou 2006)

Source: Arch Pediatr Adolesc Med. 2006 Jul;160(7):739-46.

a series of large international studies have uncovered a clear link

- the earlier you start drinking, the greater the chance of problem drinking later in life.
- If you start drinking before 14 years of age, you double the risk of alcohol dependence at age 21.

Alcohol research

What can alcohol do to the wiring of the teenage brain

Alcohol consumption in adolescence can permanently damages the wiring of the brain

Booze harms brain

TEENAGERS who drink heavily risk permanent damage to their brain, scientists have warned.

Alcohol has been shown to cause memory loss in teenagers that could extend into adulthood.

Doctors say drinking to excess interferes with a critical stage in the development of a young brain.

The findings, in a British study, come amid reports of children as young as 12 being diagnosed as alcoholics.

Psychologist Thomas Heffernan examined more than 100 students aged 16 to 19.

What have we learnt from teenage rats?



Alcohol



Drinking game kills man, 19

A 19-year-old man drank himself to death after consuming four times the amount of alcohol required to cause alcohol poisoning, say police.

Police from Bunbury, south of Perth, say Nathan John Bowden died on his neighbour's front lawn after drinking 88 sips and a bottle of vodka as part of a drinking game in which contestants drink a shooter every minute for 100 minutes.

An autopsy was completed yesterday but the cause of death will not be known until the results of toxicology tests are forensically later this week.

A family member said the youth had "a few beers with friends" but did not play the drinking game.

Sergeant Wilson, of Bunbury police, said Mr Bowden had gone to sleep in a neighbour's front yard after vomiting. He was alive when friends checked on him but had stopped breathing by the time he was checked again shortly after midnight. He was rushed to hospital but was dead on arrival.

Sergeant Wilson said at the time Mr Bowden was believed to be drinking the amount of alcohol in his blood would have exceeded by four times alcohol saturation point, the amount of alcohol required in the body to cause alcohol poisoning.



Professor John Toumbourou:



- Set a rule that says 18 is the legal drinking age in Australia and lets try not to drink until age 18.
- If they start to drink then change pace and try to discourage frequent use.
- But really it would be better if the drinking age was 21.
- We need to make alcohol less available
- there needs to be more regulation of licensing
- we need to make sure its not possible to buy cheap drinks or drinks that are targeting children.

Geoff Munro



- Australian Drug Foundation has changed its advice to parents.
- They now say delay alcohol introduction as long as possible, preferably until 16.



So what's happening in Australia as far as schools and alcohol are concerned?



Who started it all...



Rick Tudor



Other schools with this policy in print...

- Emmaus College
- Balwyn High School
- Canterbury Girls Secondary College
- The Genazzano College
- The Girton Grammar School
- Mater Christi
- Melbourne Girls Grammar School
- MLC
- Ruyton
- Scotch College
- Siena College
- St Catherine's
- St Leonard's
- Wesley
- Wonthaggi Secondary College
- Xavier College

How bad is it getting?



THE number of young people being treated for alcohol-related brain damage has grown fivefold in the past decade, prompting calls for urgent action on teenage binge drinking.

At Victoria's only treatment agency for alcohol-related brain injuries, the proportion of its 16 to 25-year-old patients has risen from 4 per cent in 1997 to 20 per cent this year.

Alcohol Policy

03-22-2009 Sun 01:41:14



Professor Rob Moddie on the alcopops tax



- 65 million fewer standard drinks were consumed in the 9 months of the tax being in place.

Professor of Global Health at the Nossal Institute for Global Health



Booze move watered down

ONCE again, we see the result of Australia's 25 years of deregulation of alcohol — the drink-to-get-drunk culture, with the flow-on violence ("The images that shame our city", March 24).

How sad that the first sensible move around the regulation of alcohol for a young market (which resulted in 165 million fewer standard drinks consumed in the nine months of the tax being in place) died at the hands of the Opposition.

Do they know or care that Australian teenagers' consumption of alcopops per person is twice that of the UK?

How many more people must be injured before we realise it is time to take drastic steps to make our drinking culture safer?
Dr Michael Carr-Gregg, Bahwyn

Please write a letter to the editor

Herald Sun
25th March 2009

Challenge 4

Early sexualisation

- Student "Angie" 16 years of age
- Attends respectable independent private girls school
- Professional, church-going middle class parents
- 1st sexual partner was at 13 years of age
- 20 years ago less than 5% of 13 year olds were sexually active
- Today it is 24% - why?



The third parent

The internet

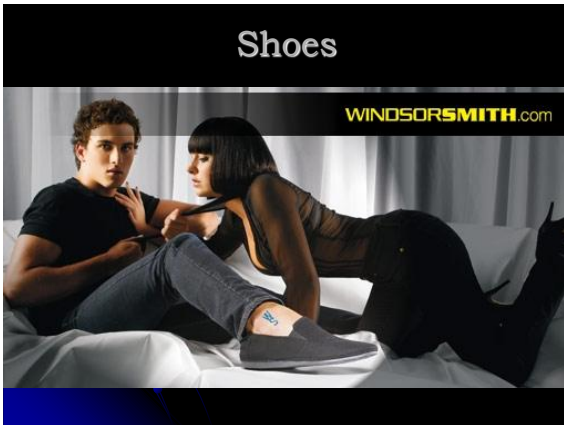
TV/Radio/D
VD's
movies

Print Media



There is substantial evidence that sexualisation harms children

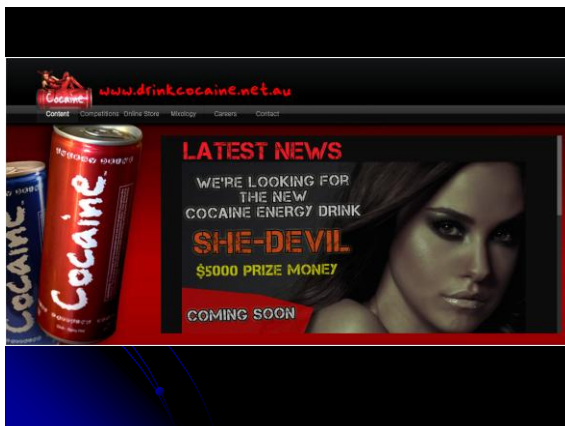
- Promotes
 - body image concerns
 - eating disorders
 - gender stereotyping
- Premature sexualisation
 - erases the line between who is and is not sexually mature, and as such, may increase the risk of child sexual abuse by undermining the important social norm that children are sexually unavailable



Brothels



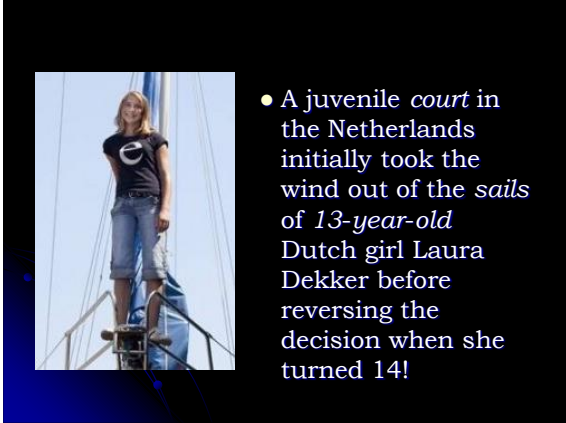
ENTER





Jessica Watson

- “adulthoodification”
- Will she have a normal adolescence?
- Should the courts have intervened?



Underage porn sold in corner milkbars

Article from THE AUSTRALIAN

EXPLICIT pornographic magazines depicting underage sex are being sold illegally in convenience stores around the nation, forcing the federal Government to concede serious problems in the enforcement of classification laws.

Home Affairs Minister Bob Debus has written to the state governments and police commissioners urging a crackdown on illegal porn after Melbourne mother Julie Gale bought 28 explicit titles at milkbars and petrol stations and submitted them to the Classification Board.

“Since July last year, the classification board has referred over 200 adult publications to law enforcement agencies because of potential breaches, so obviously there are some problems,” a spokeswoman for Mr Debus told The Australian.

The magazines bought by Ms Gale feature young-looking women who appear to be under 18, wearing braces, pigtails and pink hair bands. They are performing graphic sex acts. The age of the models is not known.

According to Australian censorship laws, Category-1 material, which many of these magazines claim to be, cannot depict graphic sexual acts and the titles should not be “offensive to any reasonable adult”. The board’s guidelines state that models should not be under 18 or “appear” to be under 18.

Classification Board deputy director Olya Boyar said enforcement of the current laws was heavily reliant on public complaints. Of 33 audits on classified magazines last year, 17 were initiated by Ms Gale, the head of lobby group Kids Free 28 Kids.

THE AGE NEWS

‘Sensuality of children’: art critic at centre of new storm

By CAROLYN WEBB

A PREMISEMENT Melbourne photographer has taken age critic Robert Nelson to task over his views on child nudity and art, accusing him of relying on “prejudice” and “discredited” views to back his position.

Michael Carr-Gregg was responding to the latest controversy surrounding Mr Nelson, an essay he wrote in 2009 to accompany a series of nude photographs of his then two-year-old daughter.

In the essay, Mr Nelson refers to the “sensuality of children” and that about the usual work of the camera, taken by his wife, Deborah Pogorelec.

A bare image of the girl as a six-year-old was denounced by pedophiles when it was used in the cover of Art Monthly magazine in response to the former sex offender’s nude photographs of pubescent girls.

Mr Carr-Gregg said that Mr Nelson had “based” in a paper’s view of one to protect his child.

“I don’t believe that any six-year-old could possibly have the sensuality or emotional maturity to consent to being photographed in the way that her mother has photographed her,” Dr Carr-Gregg said. “It is most apparent already and they will go around perceived to have this have the for one of the last.”

“There are very innocent at 11 years old, but a child being peddled in front of the camera, and I am so open in holding would be very, very concerned about what that might mean for her in the future,” Mr Nelson states that “the sensuality of children is integral to parental protection.” He notes that Nelson has not mentioned engaging the idea of “the child’s latest sensuality and its potential for making inappropriate and child abuse.”

Mr Nelson notes that a picture could make “the prevalence of photoshopping,” stating that this “natural sign of innocence is potentially the most distasteful sign.”

Mr Nelson writes that the photos of the two-year-old “challenge the views against the recognition of child sensuality.” They are not a form of erotica, however, “they do acknowledge that the child has access rights to an erotic language.”

The essay was criticised on social media.

Mr Nelson told The Age he

Art or Porn?

Points to make to Parents

- Childhood is recognised as a time of
 - innocence
 - Playfulness
 - fun
 - Spontaneity
- Children should be able to develop at their own pace, without undue pressure and influence from mass media marketing and advertising.

Points to make to Parents

- Their job is to provide an environment in which children can
 - develop to their full potential
 - that means maturing
 - Physically
 - psychologically
 - sexually at age appropriate stages.

Tips for Parents

- Do not allow young children to see highly sexualised advertising, soap operas, DVD's or videos
- Don't buy prepubescent girls – womens or teenage girls magazines
- Don't purchase highly sexualised clothing for young children, especially push up bras, lacy, sexy underwear or T-shirts with adult humour or high heel shoes
- Do not allow your children to buy or play with highly sexualised dolls
- Do not allow your children to have TV's or computerw in their bedroom
- Do not allow access to sexualised websites or have social networking sites until the age of 13
- Don't take young children to adult/sexualised shows, theatres or concerts.
- Join kids free to be kids KF2BK



Key recommendations



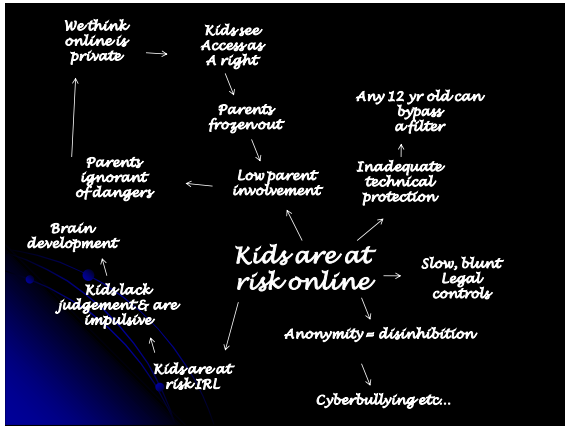
Dr Linda
Papadopolous

- an online 'one-stop-shop' to allow the public to voice their concerns regarding irresponsible marketing which sexualises children
- extend the existing regulatory standards to include commercial websites;
- broadcasters are required to ensure that music videos featuring sexual posing or sexually suggestive lyrics are broadcast only after children's viewing hours
- the government to encourage corporate responsibility with regard to sexualised merchandise.
- games consoles should be sold with parental controls already switched on.

BEST & LESS

- We are writing to you in response to your email and comments relating to bras labelled "Tweenage". Best & Less prides itself on its strong family values and has strict guidelines relating to the sale of products for young people. As such Best & Less does not stock or sell push up bras for children. The bras in question were intended to be a women's petites range from sizes 8AA through to 12B. They were made to current Australian standards for women's bras and were displayed in our women's underwear department. **Regrettably an error resulted in the incorrect branding and labelling of these bras as "Tweenage".** As a consequence, they were removed from sale in all of our stores across Australia as of yesterday, 2nd February. We have taken procedural steps to avoid any future branding or labeling errors of this sort. Thank you for bringing this matter to our attention.

Challenge 5

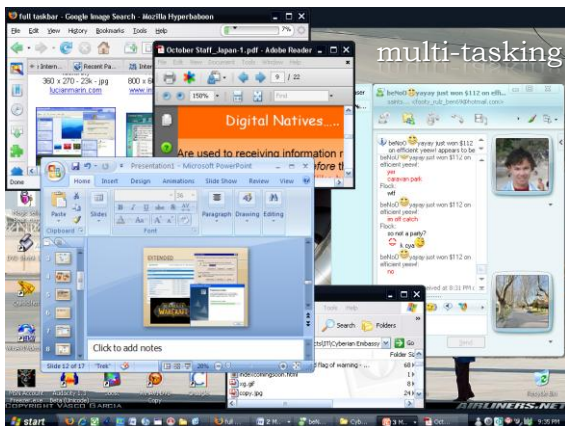


- ## 6 Most Popular activities for Australian teens?
1. Chatting on MSN
 2. Text messages
 3. Social networking sites eg; MySpace
 4. Downloading music movies, games etc via Peer to Peer sites eg limewire
 5. Gaming sites – 2nd Life, WOW
 6. Web surfing

AFP Campaign

CEOP AFP Australian Government Australian Communications and Media Authority Microsoft

And they do it all at once...



theage.com.au **July 10th 2008**
THE AGE

Alarm at teenage 'sexting' traffic

Lucy Battersby
 July 10, 2008

AN EXPLOSION of teenage sex texting is alarming teachers, police and youth counsellors.

The new mobile phone phenomenon, dubbed "sexting", led to 32 Victorian teenagers being charged with child pornography offences last year.

Cyber-bullying expert Kate McCaffrey warns that most parents remain oblivious to the threat to children, while school principals describe phone-based bullying as "explosive".

Free Government filters...



www.netaert.net.au



www.netaert.gov.au/forms/process-download.php

Internet content filters (required)	Compatible Operating Systems					Choose Filter
	Windows 98	Windows 2000	Windows XP	Microsoft Vista	Apple Mac	
Integard v1.04	✓ (SE only)	✓	✓	✓	✗	<input type="radio"/>
Optenet Web Filter PC 9.6	✓	✓	✓	✓	✗	<input type="radio"/>
Safe Eyes (PC version)	✗	✓	✓	✓	✗	<input type="radio"/>
Safe Eyes (Mac version)	✗	✗	✗	✗	✓ (10.4 or later)	<input type="radio"/>

What about filters?

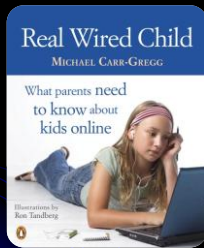
How easy is it to bypass the Australian Government's porn filter?

YouTube search results for "bypass NetAlert". The top result is a video titled "Bypass NetAlert, the Aust. Govt. \$64m porn filter" by user [gotcab0053](#). The video has 2,487 views and a 5-star rating. The description states: "The Australian Government didn't realise how simple it is to bypass PC-based internet filters when it released its free package. For a real internet filtering".

<http://www.1.k9webprotection.com/>

Screenshot of the K9 Web Protection website. The page features a navigation menu with "HOME", "SUPPORT", "RESOURCES", "NEWS & EVENTS", "PARTNERS", and "ABOUT BLUE COAT". The main content area has a headline "You are an Internet Parent" and a sub-headline "If you have kids at home...". It includes a "Download K9 today for free" button and a "Spread the word" button. The footer contains the text: "K9 Web Protection is our free internet filtering and control solution for the home. K9 puts YOU in control of the internet so you can protect your kids."

The 4 key top tips for Parents



1. **Never allow computer in bedroom**
2. **Negotiate an online contract**
3. **Use a filter**
4. **Monitor & supervise**



The End

www.michaelcarr-gregg.com.au

